

Weekly Diabetes Update

8-31-07

1. In *Diabetes Today* – Undiagnosed Diabetes in United States (U.S.) Men Falls Sharply

WASHINGTON (Reuters) - The number of U.S. men with undiagnosed diabetes has fallen dramatically in the past three decades, with blacks and Hispanics no longer more likely to unknowingly have the disease than whites, a study found.

The research, published on Monday in the Proceedings of the National Academy of Sciences, tracked all diabetes in U.S. men during three periods starting in 1976 and ending in 2002.

The study was based on data from U.S. government health surveys. Blood tests conducted in conjunction with the surveys permitted the tracking of undiagnosed diabetes cases.

While 48 percent of men with diabetes were unaware they had it during the period from 1976 to 1980, the figure fell to 22 percent during the period from 1999 to 2002, the study found.

Diabetes is a leading cause of heart disease, stroke, blindness, kidney failure and amputations.

RAND Corp. researcher James Smith, who conducted the study, said public health education efforts encouraging minorities to get tested for diabetes have virtually wiped out ethnic disparities among U.S. men with undiagnosed diabetes.

While 65 percent of Hispanic men with diabetes were undiagnosed during the 1976 to 1980 period, the rate fell to 21 percent by the 1999 to 2002 period, the study found. For black men with diabetes, undiagnosed cases fell from 45 percent in a period from 1988 to 1994 to 24 percent in the most recent period.

'REMARKABLE ACCOMPLISHMENT'

"The rates of undiagnosed diabetes have been going down really, really rapidly," Smith said in a telephone interview. "So instead of half the people with diabetes in the early 1970s not knowing that they were diabetic, now we're down at about a fifth. That's really quite a remarkable accomplishment."

Smith said the study did not look at women because the government survey data on which the findings were based did not consistently account for gestational diabetes, a form of the disease associated with some pregnancies.

But Smith said the survey results suggest a decline in undiagnosed cases of diabetes among women similar to the men.

Some disparities remain. For example, less-educated men are far more likely to have their diabetes remain undiagnosed than better-educated men, the study found.

Smith said his findings indicate the rate of increase of diabetes in the U.S. population may not be as dramatic as some experts have stated. When considering both diagnosed and

undiagnosed cases, diabetes rates rose from 6 percent of men in the 1976-to-1980 period, to 9 percent in the 1999-to-2002 period.

"People talk about a doubling in the prevalence rates of diabetes. It is a serious disease and it is, in fact, increasing. But it's increasing more like 50 percent rather than doubling," Smith said.

Type 2 diabetes has become more common in the United States and many other countries in recent decades thanks in part to growing rates of obesity. An estimated 20.8 million Americans have diabetes, mostly type 2. Type 1 diabetes is an autoimmune disease unrelated to lifestyle.

Diabetes is a disease in which the body fails to produce or properly use insulin, a hormone necessary to convert sugar, starches and other food into energy.

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2. Six Killers - Looking Past Blood Sugar to Survive With Diabetes By GINA KOLATA

You may find the link to the NY Times article interesting. It discusses how most diabetes patients are not doing even close to what they should to protect themselves.

<http://www.nytimes.com/2007/08/20/health/20diabetes.html?th&emc=th>

- QUOTATION FROM THE ARTICLE - "When you think about it, it's not the diabetes that kills you, it's the diabetes causing cardiovascular disease that kills you." DR. DAVID NATHAN, director of the Diabetes Center at Massachusetts General Hospital.

3. Blunt's Mental Health Transformation Workgroup to Seek Public Input News Release August 17, 2007

Here is a link to the Governor's press release on the public meetings.

<http://www.gov.mo.gov/cgi-bin/coranto/viewnews.cgi?id=EEIZFyEAuZRMAERdJb>

4. The Grant Institute's Grants 101: Professional Grant Proposal Writing Workshop

The workshop will be held at Indiana Wesleyan University - Indianapolis Campus, October 3 - 5, 2007. Interested development professionals, researchers, faculty, and graduate students should register as soon as possible, as seats will fill up quickly. Please forward, post, and distribute this e-mail to your colleagues and listservs. All participants will receive certification in professional grant writing from the Institute. For more information call (888) 824 - 4424 or visit The Grant Institute at www.thegrantinstitute.com

5. **Science of Improvement: Accelerating Your Capacity to Change**

October 16 - 17, 2007, St. Louis, MO

Do you have a desire to improve care systems, but need a roadmap to guide your improvement journey? Whether you're new to the science of improvement, or simply want to strengthen your already foundational improvement skills, *The Science of Improvement: Accelerating Your Capacity to Change* seminar with Robert Lloyd, PhD, and Richard Scoville, PhD, is perfect for you! The course is offered by the Institute for Healthcare Improvement.

This two-day course, scheduled for October 16-17, 2007 in St. Louis, MO, will provide you with the hands-on learning required to gain a firm grounding in the concepts, tools, and methods needed to plan and execute an effective quality improvement journey. This seminar is ideal for those who wish to accelerate their ability to create an environment for change.

For more information, or to enroll, please visit:

<http://www.ihl.org/IHI/Programs/ConferencesAndSeminars/ScienceofImprovementOctober2007.htm>

6. **Grant Writing Workshop in Barnhart MO, Richland MO, and Hannibal**

Please go to website at <http://www.nonprofitservices.org/GrantWriting.html> for more information.

Class Description: In this motivational, hands-on grant writing class, learn what makes a winning grant. You will draft actual portions of your very own proposal as the instructor teaches you how to communicate the “sizzle” of your project. Become familiar with components found in most private sector grant applications.

Registration for each workshop is \$25 per person and is opened to health-related organizations. Space is limited to 20 individuals; we encourage two individuals from any one organization register to attend.

Other classes provided by Non Profit Services is Program Evaluation, Human Resources, Funding Development, and Board Governance can be found at <http://nonprofitservices.org/workshops.html>

5. **Other upcoming education courses and conferences:**

PESI Healthcare is sponsoring the “**The Ultimate One-Day Diabetes Course.**” This course will leave you with an in-depth understanding of the latest approaches in assessing and treating patients with diabetes, as well as, new skills to apply for those at risk for diabetes.

The dates and locations for the course are:

- October 24, 2007 at the University Plaza Hotel in Springfield, Missouri
- October 25, 2007 at the Hilton Garden Inn in Columbia, Missouri
- October 26, 2007 at the Embassy Suites on the Plaza in Kansas City, Missouri

You can register on-line at www.pesi.com

For additional information regarding this course, call 800-843-7763.

West Virginia University and West Virginia Diabetes Prevention and Control Program is sponsoring a diabetes symposium and workshop called “**Bridging the Gap with Education**” at Embassy Suites, Charleston, West Virginia on October 24 – 26, 2007. This workshop is designed for health professionals to explore and learn more about the challenges and opportunities of providing education and support to individuals and their families with diabetes.

You can register on-line at www.ext.wvu.edu/dsw2007.

For additional information or questions regarding the workshop, call 304-293-2796, extension 3424.

Meharry-Vanderbilt Alliance is sponsoring the “**5th National Health Disparities Conference**” November 12 – 13, 2007 at the Marriott at Vanderbilt, Nashville, Tennessee. The purpose of the conference is to assemble experts with different perspectives in an effort to better understand disparities in diabetes, and to guide future research, policy, and public health practices in terms of prevention and management of diabetes, with a focus on special populations.

Get additional information on the conference website at:
www.meharry-vanderbilt.org/conf2007.

For general questions with regard to registration or other conference details, contact Virginia Fuqua-Meadows at: 615-936-6070 or e-mail: Virginia.Fuqua@meharry-vanderbilt.org

The National Association of Chronic Disease Directors is sponsoring the “**Chronic Disease Academy**” in Denver, Colorado February 20 – 22, 2008. Join public health professionals from across the county meet the chronic disease challenge: “Building Support, Expertise, and Leadership.”

For more information, please visit: www.chronicdiseaseacademy.org.

There is an excellent on-line course designed for practicing endocrinologists, primary care physicians, registered nurses, nurse practitioners, diabetes care pharmacist, and certified diabetes educators called “**Preservation and Prevention: The Future of Therapeutic Synergies in Type 2 Diabetes**”. This program will explore not only the pathophysiology of type 2 diabetes and related cardiovascular complications, but clinical trials that focus on the prevention or delay of the disease and its complications through combination drug therapies. Healthcare providers who treat people with this disease need this most current and emerging information to improve the lives of people with diabetes and those at risk of developing it.

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